



Aging and Disability
Resource Center (ADRC)

920-386-3580

800-924-6407

FAX: 920-386-4015

hsagingunit@co.dodge.wi.us

Aging and Senior Dining

920-386-3580

Transportation

920-386-3832



Find us on
Facebook

Dodge County ADRC



www.co.dodge.wi.gov

ADRC Recipe Box *Black Bean Chili*

Ingredients:

- ◆ 2 cans (15.5 oz. each) black chili beans
- ◆ 1 can (15.5 oz.) kidney chili beans
- ◆ 1 T. canola oil
- ◆ 1 medium red onion, chopped
- ◆ 3 c. reduced sodium vegetable broth
- ◆ 2 cans (15.5 oz. each) whole kernel corn, drained (optional)
- ◆ 1 can (15 oz.) crushed tomatoes
- ◆ 3 T. taco seasoning mix



Yum.

Directions:



1. Heat oil in stockpot over medium heat. Add onion, cook, and stir until softened, about 3 minutes.
2. Add the seasoning, then stir and cook for 1 minute.
3. Add the beans, broth, tomatoes, and corn; stir well to combine.
4. Bring to a boil, then reduce heat and simmer for 10 minutes.

Serve with optional toppings, if desired.

Serves 8

190 cals per serving



TO OUR FRIEND:

Henry Dodge Office Building
199 County Road DF
Juneau, WI 53039



Connecting You with
Supports and Services



199 County Road DF - 3rd Floor • Juneau, Wisconsin 53039
920-386-3580 or 800-924-6407

ADRC/Aging Services Supervisor Report

From the Desk of Kris Schefft

“Are you with us?”

These are the first words written by the Wisconsin Aging Advocacy Network (WAAN) to help the states 1.2 million people age 60 and older learn more about the programs and services that help us age well. There are four topics WAAN is supporting through their advocacy network. They include Healthy Aging Grants, Transportation Support, Family Caregiver Support, and Loneliness and Social Isolation Study. To read issue briefs on each topic, go to www.gwaar.org. We are all aging....let's do it well!



Aging, Nutrition, and Transportation Supervisor Report

From the Desk of Amy Ewerdt



“Embrace this season of life, for it is just that...a season.”

Changes in the season, changes in life...we are happy that you chose us to help with those changes. The Dodge County Senior Dining Program is here for you when changes begin to happen. Whether it is a need to get out and socialize with others or having our volunteers bring a warm meal to you because it is just too difficult to cook anymore - we are here to help. We have a few new changes to announce! We are happy that we can offer home delivered meals in the town of Beaver Dam again - thanks to five wonderful volunteers from the Beaver Dam community. We are

happy to announce that our home delivered meals will come delivered even warmer thanks to the purchase of seven electric thermal bags. Lastly, we are thankful to collaborate with the Horicon Library on the first Friday of each month where we take time to create a fun, yet easy craft. Today I also want to send out a special thank you to Linda, our Meal Site Manager float, who retired at the end of August. Linda has worked for the Dodge County Senior Dining Program since 2003. She was always willing to fill in where ever she was needed, even with very little notice. She has trained most of our current staff and she knows the program inside and out. We are thankful for all the years Linda was a part of our team. We wish you luck Linda! You will be missed!

“Life is about moments: don't wait for them, create them.”

October 2018

INSIDE THIS ISSUE:

Staff Directory	
Meet the Staff	
2019 Welcome to Medicare Workshop	2
ADRC Out and About!	
Upcoming October, November, and December SPARK!	
Dementia Friendly Communities Starting in Dodge County!	3
Become a Dementia Friendly Community - Train the Trainer	
Disability Benefit Specialist News	4
Victim Advocacy Program	
Senior Dining Menus for October, November, and December	5
Amy's Fit Bits!	
Make a Difference	6
Calendar of ADRC Events	7
Access to Independence	
Healthy Living with Diabetes Workshop	8
Wisconsin Drug Take Back Day	
New Youth Transition Guide	
Sudoku	9
I'd Like to Receive the Newsletter at Home	
Your Benefit News	10
On the Caregiver Front - New Support Group	11
Caregiving Conference	
ADRC Recipe Box	12

The ADRC and
Aging
Programs in
Dodge
County
are just a
phone
call away!



920-386-3580
or
800-924-6407



Aging & Disability Resource Center of Dodge County

199 County Road DF - Juneau, WI

Staff Directory



ADRC/Aging Services Supervisor.....Kris Schefft
 Aging/Nutrition/Transportation Supervisor.....Amy Ewerdt
 Aging & Disability Resource
 Specialists.....Diane Coulter, Pam Couperus, Mary Delgado,
Heather Ehrlich, Lynn Lothen, Vicki Zimmerman
 Caregiver Programs Coordinator.....Catherine Knickelbein
 Community Education Coordinator.....VACANT
 Customer Service & Support Staff.....Jackie Wendlandt &
Jeannette Moon
 Dementia Care Specialist.....Rob Griesel
 Dining Center Managers.....Patricia Beske, Kate Deakin,
Shirley Dibble, Inez Feilbach, Judy Hedstrom,
Jane Hilgendorf, Barbara May, Rose Newman,
Marcey Sage, Judy Schraufnagel,
Linda Zastrow, Joan Zehner
 Disability Benefit Specialist.....Ashley Sanborn
 Elder Benefit Specialist.....Amanda Higgins
 Transportation Staff.....Bev Behm &
Mitch Matuszeski
 Van Drivers.....Mark Callies, Mike Falkinham,
John Leitner, Dave Pasewald, Bruce Wiese



My name is Vicki Zimmerman and I have been with the Aging and Disability Resource Center for eight years as an ADR Specialist. I truly enjoy working with people of all ages, especially those with different abilities. I have a degree in early childhood special education, worked in public schools for 2 years, which then led me to a very passionate career at Bethesda Lutheran Communities. I taught individuals of all ages and provided case management for a total of 25 years. At the ADRC, I am able once again to work with a variety of individuals, providing information and assistance to seniors and/or individuals with disabilities in a broad spectrum of topics, working through the transition process with young adults, exploring community and home options for all ages and much more! I have been married to Randy for 32 years, have an adult son, Justin, an adult daughter, Kortney (Bill), and two of the best grandchildren, Jayden (10) and Zachery (8).

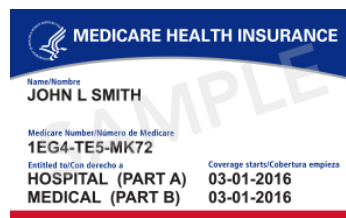
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2019 Welcome to Medicare Workshop

Thursday, January 17, 2019
1 - 4 pm

Henry Dodge Office Building
199 County Road DF
Juneau, WI 53039

Call the ADRC at
920-386-3580 to reserve
 a spot today! The complete
 2019 schedule will be
 published in the January
 newsletter...stay tuned.



Check It Out!



ADRC Out and About!

Check out our informational
 booth at the Women's Expo
 on Thursday, October 18
 from 3-7 pm at Nancy's
 Notions in Beaver Dam!



ON THE CAREGIVER FRONT

The **NEW** monthly Caregiver Support Group in Juneau is underway and looking to grow! Are you helping someone and need a little support yourself? Share, learn, relax, read, and share some more. Take an hour for you to help prevent that dreaded “caregiver

burnout”. If this sounds of interest to you, mark the **1st Tuesday of every month** on your calendar and join us! This group meets at the Henry Dodge Office Building, 199 County Road DF in Juneau from **1-2 pm**.



Dodge County Dementia Caregiving Conference

“A Roadmap to a Stronger Tomorrow”



Thursday, October 25, 2018

8 am - 4:30 pm

Henry Dodge Office Building

199 County Road DF - Juneau

Workshop Topics from Nine Presenters Include:

- ♦ Dementia Friendly Communities and Memory Cafes
- ♦ Parkinson's and Dementia
- ♦ Driving with Dementia
- ♦ Engagement Through Objects & Conversation
- ♦ POA's, Living Wills, and Guardianships
- ♦ Down Syndrome and Dementia
- ♦ Know the 10 Signs
- ♦ Learning, Coping, and Surviving as an Alzheimer's Caregiver
- ♦ Different Types of Dementia

Choose the workshop(s) that interest you!

* **FREE** Conference

* **Lunch is Provided**

* Certificates of Attendance will be provided for professionals attending the full day

Register online at

alz.org/sewi/events or mail completed registration form to:

Alzheimer's Association
620 S. 76th Street, Suite 160
Milwaukee, WI 53214

Contact Alyssa Nickodem with questions: alnickodem@alz.org or call **800.272.3900**



YOUR BENEFIT NEWS

Submitted by Amanda Higgins, Dodge County Elder Benefit Specialist



Check Your Medicare Plan in the Fall!

With summer here, fall is sure to follow, and fall is the time for people who have Medicare to review their drug and health plan coverage. You might think that once you have a drug plan or Advantage plan that you are all set. Not so! Even if you have been completely happy with your drug plan or Advantage plan, you should review your options each fall because your current plan could be changing and so will the other plans available to you.



Your plan could become more expensive and others could become cheaper. Your plan could change its formulary so that it no longer covers all your medications. Plans that may not have covered all of your medications this year may cover them next year. Plans could also have different pricing at different pharmacies.

Your current plan should send you an **Annual Notice of Change (ANOC)** by September 30th. This notice will tell you how your plan is changing for 2019. Look for the ANOC, it may come as a separate letter or be the first few pages of the 2019 Evidence of Coverage booklet. Make sure to read it carefully.

Next comes the **Annual Enrollment Period (AEP)**. During **October 15, 2018 to December 7, 2018**, you can compare the plan costs and coverage for 2019. Then, you can decide if you want to keep your current plan or change to a different plan that will start in January 1, 2019.

The only unbiased way to compare costs is by using the **Planfinder** tool located at www.Medicare.gov. The Planfinder allows you to compare plans based on the medications you take and a way to determine the most affordable plan for you. You cannot determine how expensive a plan will be, based on the premium alone. It is recommend that you do not choose a plan based on the company name or the premium amount. Mark your calendar to look for your Annual Notice of Change (ANOC) at the end of September, than contact one of the resources below for unbiased help during the Annual Enrollment Period (AEP).

- ADRC of Dodge County: 920-386-3580
- Disability Drug Benefit Helpline: 1-800-926-4862
- Medicare: 1-800-Medicare (1-800-633-4227)
- Medigap Helpline: 1-800-242-1060

If you want more information about this topic or other benefit related topics, for residents age 60 and older, contact the Dodge County Elder Benefit Specialist at the Aging and Disability Resource Center (ADRC) at **920-386-3580** or **800-924-6407**.



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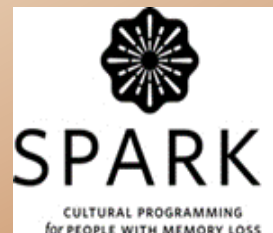


2nd Friday of the Month: 2:30 to 4:00 pm
Hosted at alternating locations in Dodge County
Please Join Us!



Friday, October 12 Topic: Pumpkins - Not Just for Pies

Dodge County Administration Building
127 E. Oak St. - Juneau



Friday, November 9 Gallery Tour & Craft

UnMasked Expressive Therapies
207 N. Spring St. - Beaver Dam



Friday, December 14 Explorium Tour

Horicon Marsh Education & Visitor Center
N7725 Hwy 28 - Horicon



**Space is limited and
reservations are
required. Please call
the ADRC at
920-386-3580
to register today.**

Dementia Friendly Communities Starting in Dodge County!



Dementia Friendly Dodge is proud to announce that the Waupun Senior Center is now Dementia Friendly. They have been awarded their purple angel after being trained in early August.

Small environmental changes can make a big difference for someone with dementia. Rachel Kaminski, Recreation Program Director at the Waupun Senior Center, is committed to having the Waupun Senior Center Dementia Friendly and also to training other city departments to become Dementia Friendly. The Waupun Senior Center is working to improve the lives of those in our community with continued education, support, and acceptance of those with memory impairment. A ribbon cutting ceremony took place on September 10th to commemorate their achievement (pictured below).

For more information on Dementia Friendly Communities or to find out how you can help, please contact Rob Griesel, Dementia Care Specialist, at the ADRC of Dodge County at 920-386-4308 or email rgriesel@co.dodge.wi.us.



Become a Dementia Friendly Community! Train the Trainer Workshop

Would you like to become the next dementia friendly community? Attend the upcoming Train the Trainer Workshop on **Monday, December 10 from 10 am until 2 pm** at the Henry Dodge Office Building in Juneau. You will receive the tools

and support you need to empower businesses as well as individuals in your community. Learn what it is like to live with dementia and be able to turn that understanding into action. Pictured above is participants who attended the Train the Trainer workshop on August 8.



Let's work together to create dementia friendly communities throughout Dodge County!

**Volunteer your
time to train others!**

- ♥ co-workers
- ♥ other businesses
- ♥ **Everyone!!**



Disability Benefit Specialist News



SCARY FACTS

- 🕸 64% of disability claims are denied first round
- 🕸 Just over 1 in 4 of today's 20 year-olds will become disabled before reaching age 67.
- 🕸 68% of the private sector workforce has no long-term disability insurance.
- 🕸 36% of workers report that they and/or their spouses have not personally saved any money for retirement.
- 🕸 By 2035, the number of Americans 65 & older will increase from approximately 49 million today to over 79 million.

People with disabilities are victims of crime at an alarming rate. Will you help us spread the word about the **Victim Advocacy Program**?

Care ... about people with disabilities victimized by crime. **Share** ... that help is available from Disability Rights Wisconsin. **Be aware** ... of warning signs of possible abuse.

The Victim Advocacy Program of Disability Rights Wisconsin

Direct service to individuals with disabilities who experience crime, regardless if it has been reported.



For help, please call
800-928-8778.

disability**rights** | WISCONSIN





WISCONSIN DRUG TAKE BACK DAY 10.27.18

Wisconsin has collected & destroyed over
338,228 lbs.
of prescription drugs since May 2015, thanks to citizens like you.

To find your nearest drug dropbox and dispose of your unused prescription drugs, go to

DoseOfRealityWI.gov

DOSE OF REALITY
PREVENT PRESCRIPTION PAINKILLER ABUSE IN WISCONSIN



2018



I've been calling you all day.

That's a calculator.



The Aging & Disability Resource Center is the best source of information for older adults and individuals with disabilities in Dodge County.

I'd like to receive the ADRC newsletter at home!

Please add my name to your mailing list.

We have a new youth transition guide! For more information or to request a copy, contact the ADRC of Dodge County!



ADRC Youth Transition Guide
for Young Adults with Special Needs and/or Disabilities



Aging and Disability Resource Center of Dodge County
Henry Dodge Office Building
199 County Road DF - 3rd Floor
Juneau, Wisconsin 53039

Office Hours
Monday through Friday
8 - 4:30 pm
or by Appointment

Contact Us
920.386.5588 or 800.524.6407
Fax: 920.386.4015
Email: info@adrcdodge.wi.us
Visit us at www.co.dodge.wi.gov

"Be an encourager. The world has plenty of critics already."

SUDOKU

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		7		6		1		
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	8	5	7		2	3	6	
2								5
	7	6	3		1	4	8	
	6						7	
		2		4		5		
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Name _____

Address _____

City _____ State _____ ZIP _____

☐ I have a change of address

Mail to:

ADRC of Dodge County
199 County Road DF - 3rd floor
Juneau, WI 53039





Did you know 1 of every 12 Americans is affected by diabetes?

An upcoming **FREE Healthy Living with Diabetes** Workshop is being offered!

Tuesdays October 9 to November 13

6 to 8:30 pm

**Waupun Memorial Hospital
620 W. Brown St.
St. Francis Room**

This is a proven workshop designed for adults with type 1, 2, or prediabetes and their caregivers. The workshop is facilitated by two trained leaders, including one who has diabetes. This workshop does not replace existing treatments but serves to complement a participant's medical treatment.

For more information, call **920-926-5417** or **920-906-4774** OR Register online at agnesian.com/know-and-go-classes



wiha
Wisconsin Institute
for Healthy Aging



**RESOURCES, SERVICES, AND
ADVOCACY FOR PEOPLE WITH ANY
TYPE OF DISABILITY, AND ALL AGES**

TO CONTACT ACCESS TO INDEPENDENCE

608-242-8484 (phone)

1-800-362-9877 (toll-free)

608-234-4484 (videophone)

info@accesstoind.org

www.accesstoind.org

FREE EQUIPMENT LOANS (3-6 WEEKS)

- o Manual wheelchairs
- o Walkers
- o Aluminum ramps up to 10 feet
- o Magnification devices
- o Assistive listening devices
- o Amplified telephones/telecommunication devices
- o Alert systems
- o Daily living items such as adaptive cookware/utensils



DISABILITY ADVOCACY ASSISTANCE

- o Accommodations for receiving services
- o Assistance with applications or forms for housing/transportation
- o Issues regarding discrimination based on disability
- o Assistance with locating and securing a sign-language interpreter, or relay services



INFORMATION AND REFERRAL SERVICES

Information and resources, as well as referral services provided for people with disabilities on topics such as:

- Housing
- Transportation
- Accessibility
- Daily Living
- Education
- Employment

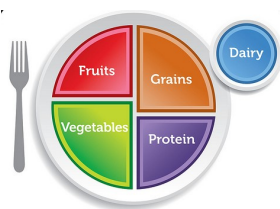
GENERAL AGENCY INFORMATION



The services described above are regularly provided by ACCESS to Independence, but are highlighted as a part of the emergency response efforts. For the full listing of programs and services offered, please see our agency brochure



Senior Dining Menu



Call 800-924-6407 or
920-386-3580 the day
before to register for
a hot, noon meal

	Mon	Tues	Wed	Thurs	Fri
O C T O B E R	1 Swiss Steak Mashed Potatoes	2 Glazed Ham Baby Reds	3 Roast Turkey Mashed Potatoes	4 Baked Spaghetti	5 Teriyaki Chicken Baked Potato
	8 Mush Pork Cutlet Mashed Potatoes	9 Cranberry/Kraut Meatballs Escalloped Potatoes	10 Baked Chicken Garlic Mashed Potatoes	11 Crispy Fish Fillet German Potato Salad	12 Chili Casserole Tossed Salad
	15 Pot Roast Baby Reds	16 Pork Steak Mashed Potatoes	17 Orange Chicken Baked Potato	18 Beef Stroganoff	19 Beef Frank on Bun Calico Bean Casserole
	22 Chicken Breast Mashed Potatoes	23 Pepper Steak Au Gratin Potatoes	24 Escalloped Potatoes and Ham Casserole	25 Swedish Meatballs Mashed Potatoes	26 BBQ Meatballs
	29 Baked Chicken Twice Baked Style Potatoes	30 Ham Rolls Squash	31 Salisbury Steak Mashed Potatoes		
N O V E M B E R				1 Chicken White Chili Tossed Sald	2 Chopped Steak in Burg/Mush Sauce Mashed Potatoes
	5 Roast Pork Loin Mashed Potatoes	6 Honey Mustard Meatballs Baked Potato	7 Chicken Breast Mashed Potatoes	8 Liver and Onions Cheesy Potato Bake	9 Crispy Fish Fillet German Potato Salad
	12 Salisbury Steak Mashed Potatoes	13 Baked Chicken Twice Baked Style Potatoes	14 Ham Rolls Baked Beans	15 Chicken, Broccoli, & Rice Casserole Tossed Salad	16 Pork Steak Mashed Potatoes
	19 Chicken Teriyaki Baby Reds	20 Chili Casserole Broccoli Cuts	21 Roast Turkey Mashed Potatoes	22 CLOSED Thanksgiving Day	23
	26 Hawaiian Meatballs Calico Bean Casserole	27 Glazed Ham Sweet Potato Bake	28 Baked Chicken Garlic Mashed Potatoes	29 Meatloaf Baked Potato	30 Chicken Tetrazinni Casserole
D E C E M B E R	3 Mushroom Pork Cutlet Mashed Potatoes	4 Beef Stroganoff Casserole Tossed Salad	5 Chicken Cacciatore Baby Reds	6 Country Fried Steak Mashed Potatoes	7 BBQ Meatballs Red Beans and Rice
	10 Roast Beef Mashed Potatoes	11 Lasagna Casserole Mixed Italian Salad	12 Pork Jaegerschnizel Mashed Potatoes	13 Smoked Sausage White Bean Salad	14 Sweet and Sour Pork over Rice
	17 Baked Chicken Twice Baked Style Potatoes	18 Cranberry/Kraut Meatballs Baked Potato	19 Swiss Steak Mashed Potatoes	20 Glazed Ham Squash	21 Salmon Loaf Baby Reds
	24 CLOSED Christmas Holiday	25	26 Roast Turkey Mashed Potatoes	27 Escalloped Potatoes and Ham Casserole	28 Meatloaf Calico Bean Casserole
	31 CLOSED New Year's Eve				



AMY'S FIT BITS!



Give Your Kitchen a Healthy Makeover

If you really want to change your eating habits, you need to build a healthy kitchen. Here's how to give your kitchen a healthy makeover...

Make a List

What healthful foods do you want to stock in your fridge, freezer and pantry? Make a list and bring it to the grocery store and farmers market.

Consider Some Simple Swaps

Can you swap whole wheat bread for white? How about low-fat milk instead of whole milk? Plain yogurt instead of sour cream or mustard instead of mayonnaise? Plant based meals instead of meat focused meals? You don't have to make every change right away if you're not ready. Ease yourself and your family into healthier ingredients one at a time.

Do the Math

Calculate your grocery needs based on how many people are in your family. For example, if each person should eat a minimum of two pieces of fruit per day and there are four in your family, that means you need eight pieces of fruit in your house for a day. Do the same calculation with other food groups, so you can plan how much to purchase per week.

Embrace Canned Foods

Many canned foods retain as much nutrient value as their fresh or frozen counterparts. Choosing canned fruits, vegetables, beans, meats and seafood can lighten the burden on your pocketbook and ensure these nutritious foods are on hand in a pinch. If you can, rinse and drain canned food items, such as beans, to reduce the sodium in some of these products.

Change Up Your Kitchen Environment

Once you bring your groceries home, make nourishing foods more accessible and inviting. Fill a fruit bowl with the fresh, colorful fruit you just purchased and place it on your kitchen countertop. Clean and cut fresh vegetables right away and put them in containers in the front of the fridge so they are convenient to grab and eat on the go. Place fresh herbs in water in the fridge to use quickly and put new milk behind the older one to use that one up before it spoils.

Information cited from 9/18/2018 at <https://www.eatright.org/food/planning-and-prep/smart-shopping/give-your-kitchen-a-healthy-makeover>



Simple way to make a difference in the life of a senior!

A new batch of colorful bags on behalf of the kids at the YMCA in Beaver Dam are going out to home delivered participants of the Senior Dining Program this month. Read a note from one of our participants:



"First, I must tell you how much I enjoyed "our little artists" coloring all these cute designs on our lunch bags! Brings a smile to your face. It's so precious."

If you, your school, group, or child care facility would like to get involved and brighten up the day of a senior by coloring some bags, give Amy at the ADRC a call!





CALENDAR OF ADRC EVENTS

**If you would like more information
or would like to register for any
of the following events, please call
the ADRC at 920-386-3580**

October 2 from 1-2 pm

Monthly Caregiver Support Group
Meets 1st Tuesday of every month
Held at the Henry Dodge Office Building in Juneau

October 2 from 1-4 pm

Welcome to Medicare Workshop (ages 60+)
Held at the Henry Dodge Office Building in Juneau

October 3 from 1-4 pm

Dodge County Pro Bono Legal Information Project
Meets 1st Wednesday of every month
Held at the Henry Dodge Office Building in Juneau

October 5 from 12:30-1:30 pm

DIY Craft Café - partnership with the Horicon Public Library and the Senior Dining Program
Held the first Friday of every month at the Horicon City Hall

October 9 through November 13 from 6-8:30 pm

Healthy Living with Diabetes Workshop
Held at the Waupun Memorial Hospital in Waupun

October 12 from 2:30-4:30 pm

SPARK! Cultural Programming for People with Memory Loss
Held at Dodge County Administration Building in Juneau. Meets at various locations in Dodge County the 2nd Friday of the month.

October 13 at 10 am

20th Annual Steppin' Out for Dementia Awareness Walk planned by the Dementia Concerns Coalition
Held at Beaver Dam Community Hospital

November 2 from 12:30-1:30 pm

DIY Craft Café - partnership with the Horicon Public Library and the Senior Dining Program
Held the first Friday of every month at the Horicon City Hall



November 6 from 1-2 pm

Monthly Caregiver Support Group
Meets 1st Tuesday of every month
Held at the Henry Dodge Office Building in Juneau

November 7 from 1-4 pm

Dodge County Pro Bono Legal Information Project
Meets 1st Wednesday of every month
Held at the Henry Dodge Office Building in Juneau

November 9 from 2:30-4:30 pm

SPARK! Cultural Programming for People with Memory Loss
Held at UnMasked Expressive Therapies in Beaver Dam. Meets at various locations in Dodge County the 2nd Friday of the month.

December 4 from 1-2 pm

Monthly Caregiver Support Group
Meets 1st Tuesday of every month
Held at the Henry Dodge Office Building in Juneau

December 5 from 1-4 pm

Dodge County Pro Bono Legal Information Project
Meets 1st Wednesday of every month
Held at the Henry Dodge Office Building in Juneau

December 7 from 12:30-1:30 pm

DIY Craft Café - partnership with the Horicon Public Library and the Senior Dining Program
Held the first Friday of every month at the Horicon City Hall

December 10 from 10-2 pm

Train the Trainer Workshop - Dementia Friendly
Held at the Henry Dodge Office Building in Juneau

December 14 from 2:30-4:30 pm

SPARK! Cultural Programming for People with Memory Loss
Held at Horicon Marsh Education & Visitor Center in Horicon. Meets at various locations in Dodge County the 2nd Friday of the month.